



Diet Link

OFFICIAL NEWSLETTER OF THE MALAYSIAN DIETITIANS' ASSOCIATION
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From The President's Desk



Dear friends,

A fulfilling job is one that sees you giving your best each and every time. The last few months saw many of you busy doing nutrition & dietetic programmes at your area of practice. Syabas to you all! It is obvious that there is still room for plenty

of awareness and outreach that we dietitians should do for the public and to other medical professionals as well to foster greater understanding in our practice. Hence, the term bridging the gaps.

This quarter of MDA's official newsletter Diet Link features efforts made by fellow MDA members to bridge gaps. We also touch on tips to help you better overcome the difficulties of dealing with patients and clients of low literacy levels. This gap is a hindrance to our rakyat understanding why they should watch their eating to control chronic diseases.

The thing about gaps is, they can be made "smaller". But it takes a dedicated person with the sense and sensibility to lead it. Look in the mirror and you will see that leader - YOU. So go on and embrace the challenge. What gaps in your area of dietetic practice are you going to fill today?

We are dietitians. We are MDA.

Indra Balaratnam
President
Malaysian Dietitians' Association

Editor's Message



Diet Link has grown bigger. We are pleased to present you with eight pages of exciting and inspiring news and features related to the industry.

We interviewed two very brave and inspiring dietitians, Ms Viola Michael and Ms Valerie Kong. Flip to the "Up Close & Personal" section to read the very interesting stories they shared with us.

Nutrition Month was celebrated by many in March and April so we bring you the news about all sorts of activities organised and conducted by dietitians all around Malaysia in our "Dietitians in Action" segment. We hope their stories inspire you.

The "What's New in the Profession" feature aims to update you on the latest in nutrition and dietetics field. Too busy to do the extra reading? You would be pleased to know that we provide the summary of the article for you!

Last but not least, we have an "Empowerment" segment to brush up our knowledge and skills in educating patients and public on healthy eating. This issue, we share tips on educating people with low literacy.

We hope that you enjoy this issue as much as we did putting it all together!

Mushidah & Cherlyn
The Editors



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The Dietitian in Management

VIOLA MICHAEL

By: Mushidah Zakiah

We had the privilege of interviewing a pioneer dietitian who carries with her an inspirational amount of achievements she earned throughout these years. This Iron Lady is none other than Ms. Viola Michael, a dietitian known for her strong leadership qualities. Her story below truly serves as a motivation, especially to those who are looking to pave a career path in management.

Ms. Viola was born in the small town of Papar, Sabah. From a young age, she was determined to succeed in life and realised it could only be possible through education. She graduated from Universiti Kebangsaan Malaysia with a dietetic degree in hand, returned to Sabah and started serving for Sabah Medical Centre - a private set up in Sandakan, from May to July 1993.

Her next challenge was an extraordinary one that began in August 1993 when she joined the MOH team in Hospital Sandakan, Sabah. She had to build the dietetic department from scratch which proved to be a real mental and emotional task for her. Imagine walking into an office made out of plywood partitions set up near the kitchen and cooking odours filling the air daily – that was Ms Viola's "office". Although this was an environment that would easily put someone off, she was a determined woman. She took up the challenge and proved to the management that she deserved a decent space in the hospital by taking up the task of performing quality assurance by doing surveys on ways to reduce food wastages. After much hardship and effort, her presence was finally acknowledged and she was given a proper office.

Ms Viola was a bold woman and said that she was not afraid to "over-promote herself" when it came to marketing herself to the doctors, nurses and other members of the hospital. She shared her thoughts with the doctors through CME classes to convince them that a dietitian's touch in patient care is important. Due to her contribution in seeing over 600 patients, she was given a room in the polyclinic for her diet counseling sessions. She gathered more courage to progress when she received positive feedback from patients who also demanded for her service at private clinics as a locum dietitian.

She was promoted to a C48 Dietitian in 2001 and was then transferred to Hospital Melaka as the Head of the Dietetic and Food Service Department. She summed up her duty there as a mediator to unite the team which was then a group of 40 people - triple of what she used to have in Sandakan. She believed that disunity sparks from a combination of disciplinary issues and lack of motivation. She was extremely concerned about her staffs' well-being that she took the extra effort to track the absentees right



to their door step to find out the root cause. Her leadership proved to be fruitful as she managed to create a happy working environment where everybody worked together as a family and increase the productivity.

She was an inspiration to her staff especially when she practised team work by personally replacing her dietitians who were on leave, despite her busy schedule as Dietary Manager. As Hospital Melaka has one of the highest patient-to-dietitian ratio, she could not let her dietitians struggle without helping out. In 2007, she was again promoted to a C52 Dietitian and two years later to C54. In 2010 she was transferred to Penang Hospital for 10 months. According to her, at Penang Hospital, the main issue was due to the outsourcing of the food service. Different roles in management were involved when it came to monitoring and dealing with the outsourced catering company and she strongly believes that it is better to have in-house food service rather than outsourced food.

Subsequently, she was transferred to Putrajaya where she is currently with the Disease Control Division (non-communicable diseases). Commenting on her current position, the mother of four mentioned that she is very much involved in policy-making which involves research and development. This requires a lot of reading and updating herself with the current trends of diseases in Malaysia. She is fortunate to be working under a Director General who is always helpful in providing information in order for her to update herself in the field of public health. Ending the conversation, her message to all dietitians is to be confident and knowledgeable when it comes to undertaking any tasks.



By: Cherlyn Lee



VALERIE KONG

Meet Valerie Kong Swie Hwa (MS/RD), a young dietitian who exudes an aura of confidence and proactive personality. We speak to her about her experience of being a struggling lone ranger working in the private sector and we find out what she did to change the struggle to success.

Valerie chose to be a dietitian because to her, the profession was all about helping people to eat better and not just how to curb hunger. She wanted to be someone who advises people on how to eat rather than what not to eat.

She pursued her Nutrition and Dietetics Degree as well as a Masters Degree in Nutritional Science specialising in Community Nutrition at the Oklahoma State University, United States of America (USA). She worked in the F&B industry for five years in the US and had gained valuable experience there. She returned to Malaysia in 2007 and worked at a Non Governmental Organisation dialysis centre for about a year. Then, she joined Hospital Sri Kota, Klang and subsequently KPJ Specialist Hospital, Klang where she is currently the dietitian.

She recalls her days in Hospital Sri Kota, where most doctors' mindsets were that dietitians are not important for patient care.

The referrals she received from the doctors were so little that it was a great achievement for her if she got to see two patients a week! However, the skills she learnt from the States helped her turn the situation around.

She decided to work very closely with the marketing department to run health campaigns through flyers, cooking demonstrations and other activities. This young lady also contributed in health campaigns promoting doctors' services to clients. Valerie was determined to portray the image of dietitians as a support entity to all medical disciplines and to improve the quality of life of patients without denying the fact that the doctors are still responsible for diagnosing and treating the patients. She believed that by doing so, mutual respect could be gained.

Till today, Valerie continues to build a good relationship with the doctors by making friends with them, having a chat with them over lunch, and also approaching them proactively for patient referrals. She is also confident enough to offer food from healthy cooking demonstrations to doctors; and this worked out to leave a good impression. As any successful dietitians would agree, Valerie believes that it is important for dietitians to market themselves to the doctors and to prove that our presence is essential. Valerie asserts that dietitians are not just experts in diet but are also responsible in improving the quality of life for patients, especially in the food services. According to her, the famous saying "a hungry man is an angry man truly depicts the importance of a providing a well-balanced nutritional intervention through excellent food services. One of her proudest achievements was when she managed to achieve a good improvement in food service management which increased patient satisfaction ratings from 60% to 90%.

Valerie advised that as the only dietitian in an organisation, attitude is the key to success. As she learnt, it takes a lot more than just a dietetic degree to master the whole game. It pays off if dietitians have very polished communication skills while maintaining humble attitudes. Passion for the profession is also a must. She believes that it is important for dietitians to love food and learn how to cook in order to build a good rapport with the food service staffs and clients. The way she looks at it, where there is people and food; dietitians can pave a career there. Valerie also suggests that the current dietetic curriculum incorporates more intense exposure to food service management as it can help students enhance their entrepreneurial and management skills. As we came to the end of the interview, Valerie's parting words to all dietitians was to think outside the box. So to all young dietitians out there, please do not lose heart. Continue to be inspired to promote dietetic services in Malaysia!

Dietitians in Action

This time, we bring you news on how our Dietitians around the country celebrated Nutrition Month

The Official Launch of Nutrition Month Malaysia 2012 on 14th April 2012

The official Nutrition Month Malaysia celebrates its 10th Anniversary this year. The event was officiated by the Health Minister, YB Dato' Sri Liow Tiong Lai on April 14. Our MDA President, Ms. Indra Balaratnam together with the Nutrition Society Malaysia (NSM) and also the Chairman of NMM, Dr Tee E Siong, and the President of Malaysian Association for the study of Obesity (MASO), Prof. Dr Mohd Ismail Noor were also present to kick start the mission of promoting healthy lifestyle among Malaysian public. With the theme 'Let's Create Healthier Families', the campaign was targeted at the family as individual unit of society in contributing to the overall health of the nation. In conjunction with the celebration, a health carnival was organized. The Nutri-Fun Land Carnival was a two-day event packed with activities such as lucky draws, colouring contest, sandwich making competition, interactive games and loads more. The participants had great opportunities not only to meet dietitians and nutritionists who were there as volunteers but also to grab freebies and food samples provided by the sponsors. Representatives from MDA contributed their time for this health

campaign by raising awareness of healthy eating and to nurture an active lifestyle. Body weight status assessment was conducted and nutritional counseling was provided by the group in their effort to spread the basic message in staying healthy which is to have normal Body Mass Index. Two thumbs up for the volunteers for their time and enthusiasm in delivering these vital messages to the public!



Nutri-Fun Land Carnival 2012 was officially launched by YB Dato' Sri Liow Tiong Lai, Minister of Health Malaysia (on his right: Dr Tee E Siong & Ms Indra Balaratnam; on his left: Prof Dr Mohd Ismail Noor & Datuk Dr Lokman Hakim

Nutrition & Dietetics Professional Competency Symposium 2012: A Successful Event Indeed

The Nutrition and Dietetics Professional Competency Symposium 2012, held from 5th of April till 7th of April, was a brilliant initiative by Puan Mary Easaw, Chief Dietitian of IJN to enhance the standards of competencies in the field of Nutrition and Dietetics. It was a collaborated effort by committee members Associate Professor Dr Winnie Chee Siew Swee, Vigneswary Alagandran, Datin Farah Di Ba Khan, Siti Farhath, Ainalda Mohamad Jamil, Yang Wai Yew, and Mastari Mohd. A total of 113 participants with 19 delegates from Sudan, Thailand, Nigeria, Iran, Dubai, Hong Kong and Singapore participated in the symposium. Ms Sylvia Escott-Stump, the President of American Dietetic Association and a well known writer of our Clinical Nutrition textbook, "Krause's Food, Nutrition and Diet Therapy" was one of the invited speakers. Apart from the topics covered, she left a lasting impression when she spoke about her working experience, how she came about writing a textbook and the challenges she had to overcome. Linda S Eck Mills, MDA, RD LDN, FADA, Dynamic Communications was also present. She delivered an interesting talk on practical tips to communicate with our patients effectively. The symposium also showcased experiences of pioneers in the field of Nutrition and Dietetics such as Ms Stella Abdullah from Sabah, Chief Dietitian of Queen Elizabeth Hospital and Puan Rokian Don, Director of Nutrition Division in the Ministry of Health, Malaysia. Dr Azmee Mohd Ghazi and Dr Azani Daud, both cardiologists, further shared their patients' views about dietitians

and also their point of view about nutrition in managing patients. Other practical topics covered in the workshop were on financial management, leadership competencies, importance of mentoring and how to handle the media. Lastly, 3 ADA memberships and 25 copies of "Nutrition & Diagnosis Related Care, International Edition, 7th Edition" with Ms Sylvia Escott-Stump's signature were given out to participants with lucky draw to end the symposium. In summary, the symposium is really a must-go for dietitians to brush up on soft skills for career development. Do check out the same symposium next year!



Source: Puan Mary Easaw (IJN)

Education for T1DM kids by HTJ Seremban Dietitians

On 21st April 2012, Jabatan Dietetik dan Sajian Hospital Tuanku Jaafar was involved in organising a Diabetic Camp for Paediatrics and the target participants were children with Type I Diabetes. The program which was held in Bilik Pameran Majlis Perbandaran Seremban aimed to increase awareness and understanding among parents and patients on the correct concept of diet and importance of care for Type I Diabetics. Healthy cooking demo, carbo-counting, exercise and open forums were among activities carried out as ways of delivering the information to participants. Kudos to another creative idea from our dietitians in getting the message of healthy diet practices across to the public.



Source: Nor Akmal Shahidah (HTAN)

Nutrition Month in Selayang Hospital

The Selayang Hospital definitely did not miss out in being part of the Nutrition Month celebrations. The Department of Dietetics and Food Service together with Health Education Unit, Nursing Unit, IT Department and National Kidney Foundation Malaysia planned the month, which was officiated by the Deputy Director (Medical), Dr Hj Mohd Suhaimi Bin A Majid. The entire month was packed with activities such as free health screening, cooking competition, public forum on non-communicable diseases, various talks on weight loss and for dialysis and CKD patients, nutrition support therapy courses for nurses, quizzes and clinical nutrition week to update healthcare professionals on new findings in the field. It's a job well done by our dietitians in Selayang Hospital! For others, we hope you get some ideas for next year's plan.



Source: Ban Hock Khor (Selayang Hospital)

USM's Carnival For Public and Students

On the 27th May 2012, our dietitians from the East Coast collaborated with MDA and the Environment & Health Conference Committee of the Universiti Sains Malaysia (USM) to organise a one-day public awareness campaign entitled "Karnival Makanan & Persekitaran Bijak 2012 dan Kerjaya Profesion Dietetik". The idea of organising the event arose from the increasing statistics of obesity and diabetes among youngsters as a result of unhealthy eating habits and outbreaks of food-borne illnesses. The carnival which took place at Dewan Utama, USM aimed to increase awareness on healthy food choices and food safety environment among the students and community. The carnival was open to school and university students, teachers, parents, local community and food industry members. A special program for 4th year dietetic students of USM was conducted in the evening to provide them with some exposure regarding a career in dietetics. The students listened attentively to the talks about various fields of practice in dietetics by volunteers from MDA. Diet Link congratulates the team on a successful program!



Even the young ones were enthusiastic to learn about healthy food.



Healthy Malaysian food sold at the carnival were snapped up like hot cakes!

Source: Juliana (USM)

Kuala Pilah Dietitians Meet Kampung Folks

On 31st March 2012, Hospital Tuanku Ampuan Najihah Kuala Pilah Visitors' Board, in collaboration with the Director and staff of HTAN organised a Health Awareness Program known as "Program Doktor Masuk Kampung" among kampung folks at Jeram Tengkek, Kuala Pilah. The objective of this program was to increase awareness and knowledge of the kampung folks and Orang Asli about living healthily. Our dietitians from the Jabatan Dietetik dan Sajian HTAN conducted activities like health screening, health talk and healthy cooking competition a la Master Chef show. The cooking competition received enthusiastic participation from 13 teams. Similar to the TV show, the teams were provided with cooking utensils and given five minutes to pick cooking ingredients provided and an hour to prepare two dishes. The dishes were judged based on cooking methods, creativity, taste and dish presentation. The Diet Talk, aimed to educate healthy eating in general to the audience, was a success as the audience benefited and took home loads of simple tips on healthy eating. This is indeed another noble way of reaching out the community to spread healthy living messages.



Teamwork was essential to complete two dishes in just one hour.



The satisfied chefs admiring their dishes while waiting for the judges.

Source: Nor Akmal Shahidah (HTAN)

Sunway Medical Centre (SunMed) Nutrition Week 2012

SunMed dietitians organised a Nutrition Week in May in conjunction with the national celebration of Nutrition Month. Their objective was to create awareness on dietetic services and to reach out to SunMed patients, staffs and healthcare community. The week was planned with activities of different themes each day, i.e. nutrition for mum & baby, nutrition for cancer, stay away from chronic diseases, food for stronger bones, and no diet day. A favourite spot among the visitors was a booth displaying bottles of oil and sugar content derived from various local favorites food. Celeste Lau Wai Hong, the Dietetics Manager said the goal of this booth was to give a clear picture of the amount of oil and sugar in some of Malaysians' favorite food. Over 400 visitors had a chance to interact with the dietitians and received informational sheets on nutrition and other goodies. Food demonstration was also conducted by Senior Dietitian, Ms. Ng Yee Voon. This demonstration featured innovative ways to encourage the students to try out some "no-no" list of vegetables. A half day workshop wrapped up the one-week event in collaboration with Rehabilitation Medicine Department and Department of Speech and Hearing to optimize healthy lifestyle through diet, exercise and communication. A group of students from Generating Opportunities for the Learning Disabilities (GOLD) along

with their parents and teachers were invited for an informational and educational session with the clinicians which focused on development issues of the disabled child. Excellent program by our dietitians in SunMed!

Keep up the good work.



The organizing team with the students from Generating Opportunities for the Learning Disabilities (GOLD) after the half day workshop.

Source: Ng Yee Voon (SunMed)

Students Corner

Acknowledging students as part of MDA's community, Diet Link encourages students to share their activities through this segment. We would like to call all dietetic student representatives from all Universities to share with us your stories. Kindly post your details on our Facebook page or contact the Editors, Mushidah (mushidahakram@gmail.com) or Cherlyn Lee (cherlynlee@gmail.com). For this issue, let's see what UiTM dietetic students were up to.

UiTM Career Talk 2012

The UiTM Career Talk 2012 was conducted on 7th May 2012 at the UiTM (Puncak Alam Campus). The three-hour program was organised by the Nutrition and Dietetics Students' Association (NADA) of UiTM. MDA was given the honour to enlighten and inspire the dietetic students to prepare themselves for their career path. The students had a valuable opportunity to listen to various experience of MDA volunteers. MDA's Honorary Secretary, Mr Rosli bin Mohd Sali, represented MDA explained the role of MDA as the professional representative for dietitians in Malaysia. Dr. Zuriati Ibrahim, a Senior Lecturer from UPM and an MDA Council Member, shared her views on career opportunities in university and research. MDA Volunteer and External Activities Committee (VEAC) Member, Ms Harizah Mohd Yaacob, a U48 Dietitian from Hospital Selayang, shared her experience and thoughts on career opportunities in the government sector. Last but not least, students learnt about career opportunities in the private sector from Ms. Cherlyn Lee Chin Ling, another MDA VEAC member and currently a Dietitian from Tung Shin Hospital. The talk had benefited 115 students pursuing the Bachelor of Nutrition and Dietetics in UiTM and there was active involvement from them during the Q&A session. The students were enthusiastic and excited to know more about the profession they were soon going to pursue. Diet Link would like to congratulate NADA for their proactive measure in conducting such a valuable program for the students.

Source: Nazrul Hadi (UiTM)

EMPOWERMENT

Counselling People with Low Literacy

A match box of protein. One Chinese bowl of carbs. Medium sized fruits. As a dietitian, you would have had a clear picture of those portions as you read it. However, those with low literacy levels may not be able to interpret the measurements mentioned as easily as a highly educated person could. Unfortunately, we often tend to overlook this matter while on our mission to educate our patients. Inspired by the textbook *Teaching Patients with Low Literacy Skills* by Doak, Doak, & Root, which highlights great topics on communication in healthcare as a whole, this segment of Diet Link magnifies the context of nutrition education specifically.

There are a few levels of “low literacy”:

- Those who did not get formal education (unable to read)
- Those who did not get tertiary education
- Those who did not get tertiary education in a science-related field

Identifying your patient’s literacy level should be the first step before you start a counselling session. You do not want to overwhelm the patient with medical jargons or with lengthy explanations about terms which they already understand. Once you have identified the literacy level, it is easier to act accordingly. Most of us have enough gadgets to assist a counselling session. If you don’t, now is a good time to start investing in some food models. This will come in handy as visual aids for portion size estimation. You can also design and print your own 2-D models as long as it represents the actual size accurately. For instance, if one bowl of rice is equivalent to quarter of an A4 size paper, then it should be printed to that scale so your patient will have a crystal-clear picture. You can also take photos of each food item with a ruler placed by the side to indicate the size. These preparations of visual aids would make a great project for dietetic students. Check out the tips below on creating effective educational materials.

Now let’s talk about the jargons we often use. Take protein as example. It may sound simple to us but it can be quite the opposite for those who have never had a science-based lesson in school or college. Therefore, if there are such words to be used repeatedly throughout the counselling session, be sure to introduce the word and explain the meaning the first time. Make it as simple as possible; explanation about protein molecules would not be wise! Instead, give examples of food sources of protein and how it functions for our body.

Next, let’s review our reading materials - the stack of handouts which you provide to your patients to take home. It would only be common sense not to give these handouts to a patient who cannot read. In this case, you can instead provide sketches which represent the food and portion sizes for better understanding and easy referral when they are at home. Many literatures have advised healthcare professionals to conduct tests such as *The Rapid Estimate of Adult Literacy in Medicine (REALM)* which requires the patient to read a list of 66 medical terms. This list begins with simple words such as “pill” and ends with more complicated words such as “osteoporosis”. However, this test does not measure comprehension. It only tells you if the patient can read and pronounce words correctly. Some articles suggest conducting the Cloze test, which assesses comprehension, and a listening test to assess literacy levels. However, these tests are not compulsory. As long as we know our patients well enough, we can then take the correct approach when counselling them.

We also often forget that language can be a form of barrier when it comes to getting the message across. Sometimes, especially in a multiracial country like Malaysia, you must be sensitive of the language issue. Learning a few common terms in different languages will make it easier for you to counsel patients of different ethnicities. Instead of using formal words in Bahasa Melayu, you may want to use the informal Malay dialect when speaking to someone of Chinese or Indian ethnicity. That being said, do assess their fluency in the Malay language first. You do not want to offend them as some non-Malays can actually speak the language fluently – some even in different accents!

In conclusion, let us not look at “low literacy levels” as a barrier or a limitation to our purpose and objective as a dietitian. Remember, the deficiency here is only in literacy skills – not in intelligence. Where there is a will, there is always a way.

Creating Effective Educational Materials

- The most important information is highlighted
- The material contains no more than four main points
- Includes a summary that emphasises necessary action
- The piece contains little or no technical jargon
- Short sentences are used
- The text includes frequent breaks
- Plenty of action words are used
- The content is written in a conversational tone
- Line length is limited to 30-50 characters and spaces
- The text is vivid and interesting
- The illustrations are simple and fit the context
- Pages are uncluttered, print size is at least 12 point and the print is a dark color on a light background

What's New in the Profession?

Diabetes is a growing worldwide pandemic. Here are the alarming statistics. In 2011, 366 million adults worldwide were diagnosed with diabetes. By 2030, this number is expected to increase to 532 million. This in turn will undoubtedly result in an increase in health care costs. In 2011, 465 billion was spent for treatment and complications of diabetes in the US alone. We take a look at the statistics in Asia, and how the Look AHEAD Study and Why WAIT Program led to the development of a transcultural nutrition algorithm for the Asian clinical setting.

By: Cherlyn Lee

According to Dr Osama Hamdy, complete diabetes management requires more than just drug therapy. Lifestyle modification and nutrition play an important role in managing diabetes. Hence, the role of dietitians in providing medical nutrition therapy is essential. Most diabetics are either overweight or obese. Short term weight reduction of 5% to 10% from original weight will result in significant improvement in insulin sensitivity, significant reduction in cytokines and significant improvement in endothelial function. *Look AHEAD Study and Why WAIT Program* demonstrated the effectiveness of Medical Nutrition Therapy for diabetes. Glycemia Targeted Specialized Nutrition (GTSN) used as meal replacements were incorporated in 1800kcal and 1500kcal diet for men and women respectively coupled with physical activity. The outcome was positive. There was significant weight loss maintained for four to five years. Hba1C was significantly reduced in one year and sustained for four to five years. Furthermore, there was also significant reduction of blood pressure and improvement in lipid profile.

The significant findings from why *Look AHEAD Study and Why WAIT Program* was incorporated into the American Diabetes Association position statement in 2008: "Use of meal replacements once or twice daily to replace a usual meal can result in significant weight loss. Meal replacements are an important part of the *Look AHEAD* weight loss intervention". Preliminary studies also showed that the usage of GTSN induce secretion of GLP-1 which assists in glycemic control.

Dr Zanariah Hussein, consultant endocrinologist from Hospital Putrajaya further explained the diabetes scenario in Asia. Asia has 60% of the world's diabetic population, with largest numbers in India and China. Asians tend to develop T2DM at a lower BMI, at a younger age, with longer complications and with frequent postprandial hyperglycemia as Asians consumed more food with high glycemic index such as glutinous rice. The risk of renal complications is higher in Asia compared to our western counterparts. A western cohort study showed that 60% of Asian patients with T2DM have albuminuria versus 30 % to 40% among western subjects. Data in 2008 showed that 88% Diabetics among Malaysian population had Hba1c of more than 6.5%, while the mean Hba1c was 8.6%. This was a significant increase from the year 2003.

Due to differences in lifestyle, foods and customs between Western and Asian counterparts, current clinical practice guidelines may not provide a holistic approach towards diabetes management for the Asian population. Therefore, transcultural nutrition algorithm for diabetes and pre-diabetes therapy was developed to adapt these differences for effective disease management of Diabetes in Asia. Asian Scientific Round Table Meeting was held in 2011 in Taipei, Taiwan to review and customise the diabetes nutrition algorithm in the Asian clinical setting. This is finalised with the consensus of representatives from Hong Kong, Malaysia, Philippines, Vietnam, and Taiwan.

Adjustments made to the algorithm to suit the Asian population:

"Chronic Kidney Disease with Diabetes" is added to the current algorithm to provide a holistic disease management in the Asian context.

Change of the path flow for risk factor such as "Obesity", "hypertension", "Dyslipidemia" and "CKD" from the vertical to horizontal flow.

America Dietetic Association 2011 recommendations and KDOQI guideline serve as reference for protein restriction for Chronic Kidney Disease.

The usage of Diabetes Specific Formula is encouraged to be incorporated as snack replacements or meal replacements to reduce total calorie intake.

16th International Congress of Dietetics

Date: 5th – 8th September 2012

Location: Sydney, Australia

Further info : <http://www.icd2012.com/registration.asp>

9th Allied Health Scientific Conference

Date: 10 –11th September 2012

Location: Renaissance Hotel, Kuala Lumpur, Malaysia

Theme: Towards Better Health

Further info : <http://www.ahsc2012.com>



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WHO

The Evidence Analysis Library.

WHY

Special MDA Members Only Benefit:

Malaysian Dietitians' Association has subscribed to the Academy of Nutrition & Dietetics' (formerly known as The American Dietetics Association) Evidence Analysis Library as a special benefit to all our Ordinary and Student members.

It's absolutely free! Just keep your MDA membership active to have continual access to the Evidence Analysis Library.

WHAT

Up-to-date, systematically reviewed evidence on nutrition and dietetic research at your fingertips – 24 hours a day, 7 days a week.

Credible researched guidelines and information you can use in your daily practice.

Broaden and enhance your knowledge as a dietitian in your area of practice.

WHERE

Find it inside the Malaysian Dietitians' Association's member login page.

Are You An MDA Member Yet?

Becoming an MDA Member has never been easier.
A few minutes of tapping and clicking away at your keyboard is all it takes.

How To Be A Member?

- Step 1:** Log on to the newly revamped MDA Website - www.dietitians.org.my
- Step 2:** Click on "Be A Member"
- Step 3:** Fill up the Registration Form and proceed to make an online payment

The privileges you get to enjoy as an MDA Member:

- 1) **Heighten Your Knowledge:**
Regularly updated clinical write-ups are available for you to read anytime, anywhere just by logging on to the MDA Website.
- 2) **Broaden Your Horizons**
Link up and access professional dietitian resources from Malaysia and abroad. MDA Website will be hosting webinars and downloadable resources just for you.
- 3) **Enjoy Your Members-Only-Offers**
There will be promotions and special discounts to conferences and professional events.
- 4) **Have Your Say**
Ordinary members have voting rights at the Annual General Meeting and your vote counts!

Already a Member?

MDA through Diet Link would like to express its gratitude to all members who renewed their 2012 membership. For those who have yet to, hurry up and don't miss the chance of being part of the exciting team! If you have registered or renewed your subscription successfully, we are pleased to inform you that your individual member login for the MDA website has been created.

Visit MDA website at www.dietitians.org.my and check out the login (top right hand side).

All you need to do is to enter these details:

NRIC: (your 12-digit NRIC number with no space or dash;
eg: 770909140988)

Password: 123456

Once you've logged in, change your password, update your details and take a look at the member pages.

If you face any problems or have questions or suggestions, do let us know!